

Healthy Preschool Lunchboxes

At Woollahra Preschool



Who am I



- Nicky Clark
- Nutritionist
- Sydney CBD
- Over 40s

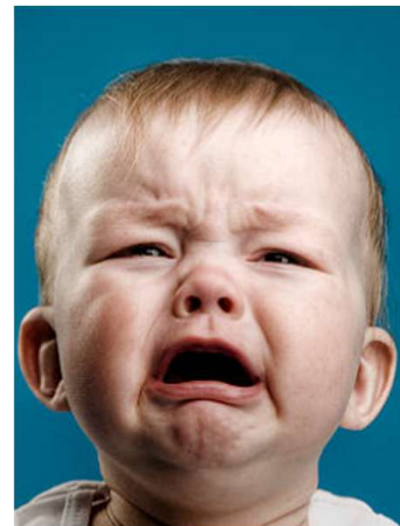


3,160 lunchboxes!

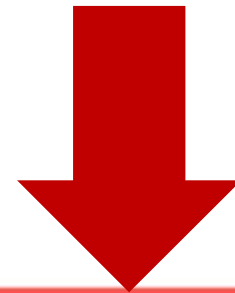
Lunchbox ninja!







7,720
still to make

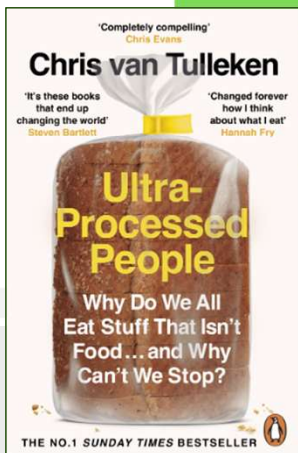


Does it really matter?



NOVA Food classification

Unprocessed or minimally processed foods	Processed culinary ingredients	Processed foods	Ultra-processed foods
<p>Foods which did not undergo processing or underwent minimal processing techniques, such as fractioning, grinding, pasteurization and others.</p> 	<p>These are obtained from minimally processed foods and used to season, cook and create culinary dishes.</p> 	<p>These are unprocessed or minimally processed foods or culinary dishes which have been added processed culinary ingredients. They are necessarily industrialized.</p> 	<p>These are food products derived from foods or parts of foods, being added cosmetic food additives not used in culinary.</p> 
<p>Meats, vegetables, fruits, nuts and tubers, grains, eggs, chicken, milk</p>	<p>Salt, sugar, vegetable oils, butter and other fats.</p>	<p>Bottled vegetables or meat in salt solution, fruits in syrup or candied, bread, cheeses, purees or pastes.</p>	<p>Breast milk substitutes, infant formulas, cookies, ice cream, shakes, ready-to-eat meals, soft drinks and other sugary drinks, hamburgers, nuggets.</p>



The main UPF culprits for kids

Breakfast cereals



Crackers



Supermarket breads



Flavoured yoghurts



This talk to cover

1. What is a healthy lunchbox
2. How to pack a healthy lunchbox
3. What makes Woollahra unique





1. What is a healthy lunchbox

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Energy foods



Vegetables and legumes/beans

Colour foods



Fruit

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

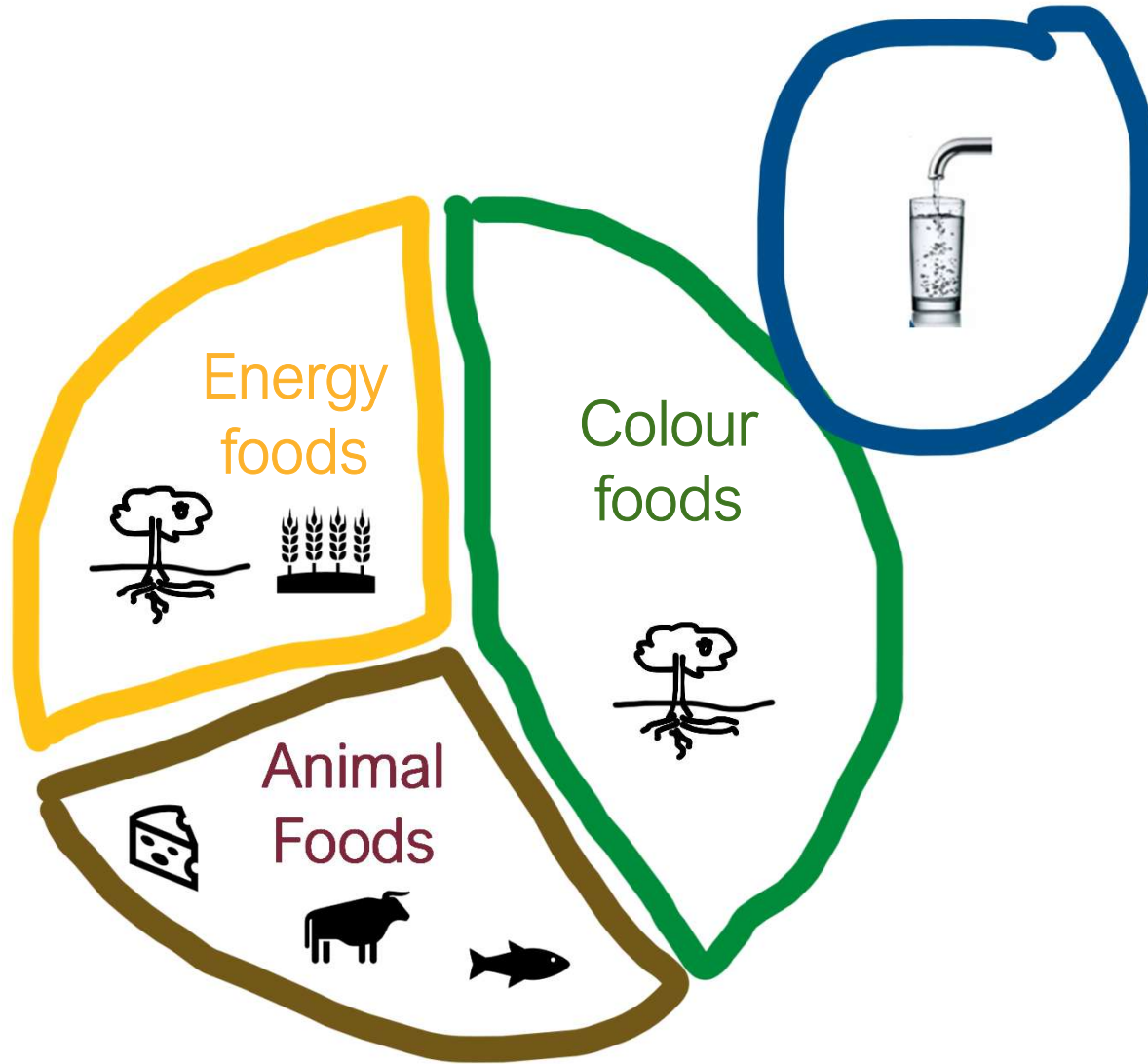
Animal Foods

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Water drink

Simplified: what to think of for lunchboxes



Water
drink

Translate to a Woollahra lunchbox



The most common 'mistake'



Why so important?



Protein ideas



Dairy



Meat



Eggs



Plant-based



 *Recipes here*



Treats...

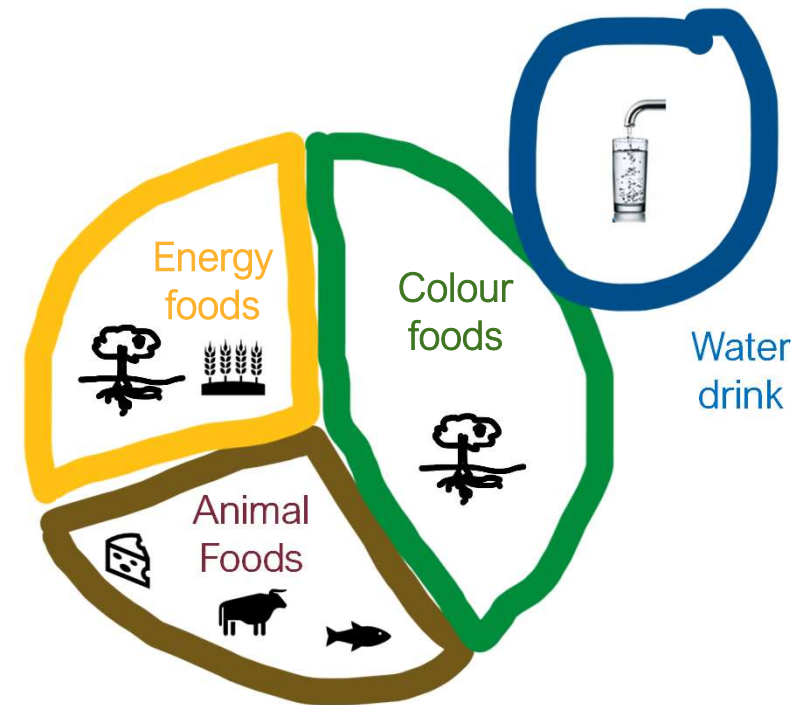


★ *Recipes here*



Summary of a healthy lunchbox

- Protein first:
 - Boiled eggs (do it the night before)
 - Unsweetened yoghurt
 - Burgers
 - 'Pancakes'
 - Biltong
- Colour Foods (variety & new)
- Energy Foods (unprocessed)
- Watch out for the treat police!





2. How to pack a healthy lunchbox

Don't send food in packaging



Environment



Ultra-processed (bliss point)



Normalises it



Food police

Packaging ideas

Planet box (c\$50-100)



Eco cocoon (c\$80)



Stainless
steel water
bottle



These
break!



Dishwasher space



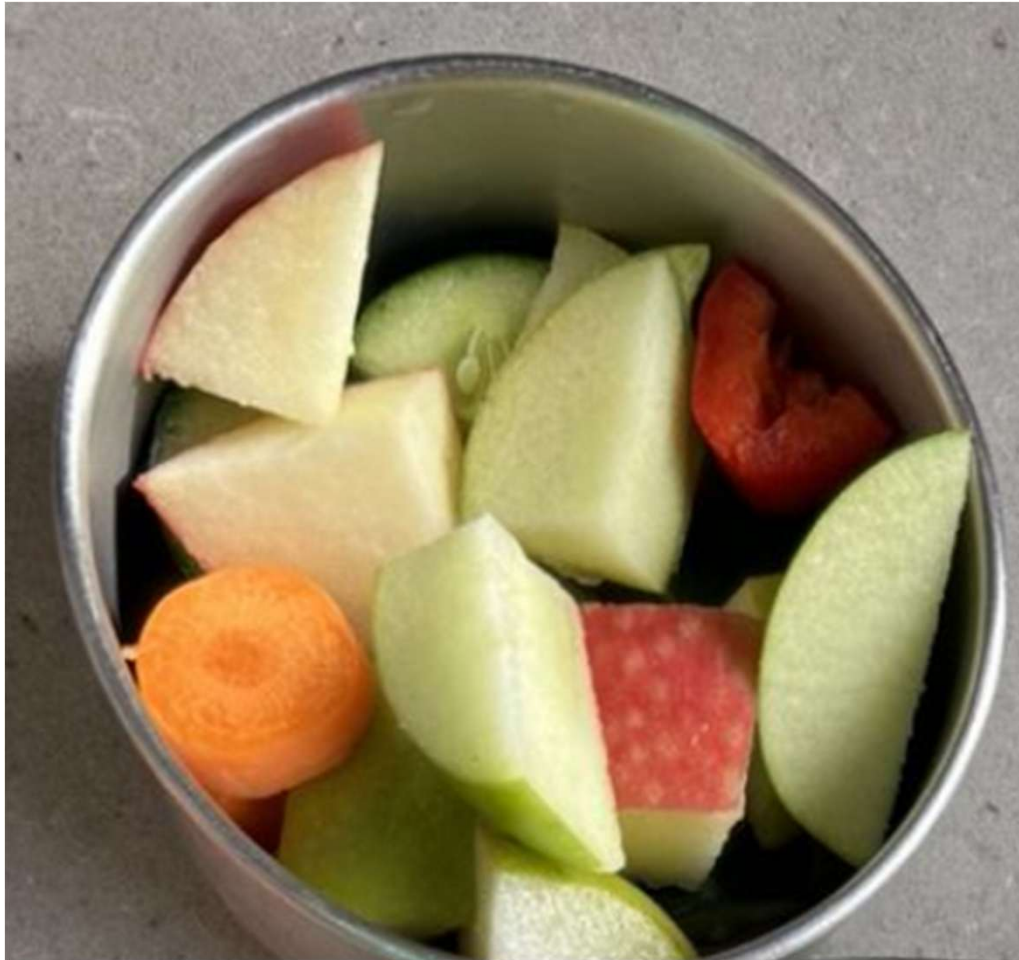


3. What makes Woollahra unique

The Kohlrabi effect



The 'Woollahra preschool teacher' effect



- Positive messages
- Encouragement
- Peer eating



Closing

Kids are picky for a reason... don't give up





- Don't give up
- Positive
- Be hungry

Kids learn from what they see



What next?

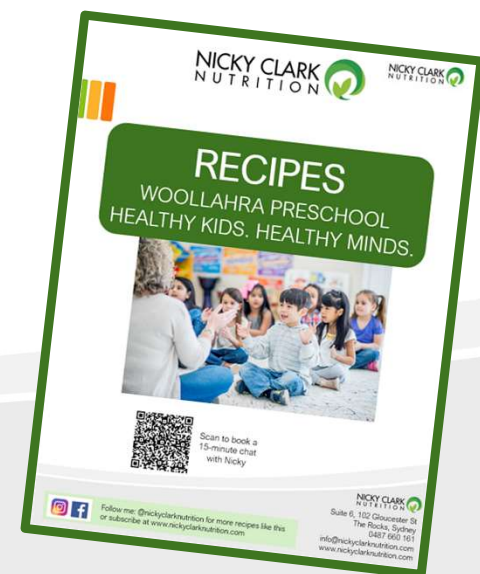
- Online webinar 7.30pm Tues 19th November
- Make the most of your time at Woollahra
- Eat well yourself – lead by example
- Try some foods - get the recipes (QR code)
- Books, movies, YouTube – see next slide
- Stay in touch (newsletter | book 15 mins)
- Follow me   @nickyclarknutrition



Scan for:

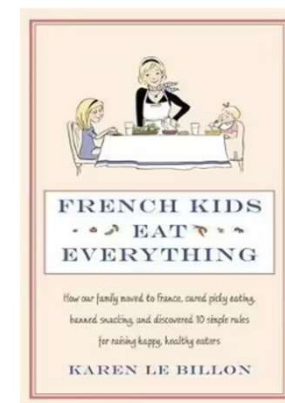
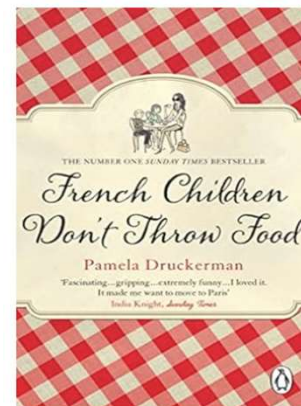
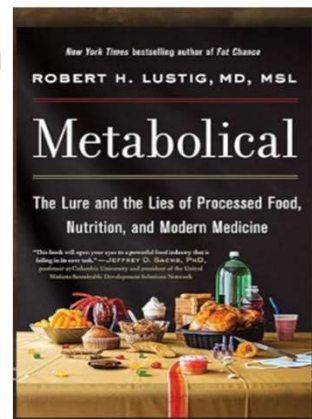
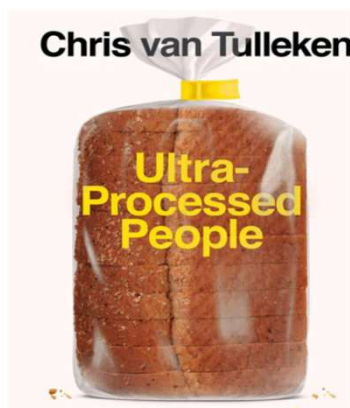
- Slides
- Recipes
- Webinar booking

Webinar
booking link



Great books / movies

- French Kids Eat Everything (Billon)
- French Children Don't Throw Food (Druckerman)
- Ultra-Processed People (van Tulleken)
- Metabolical (Lustig)

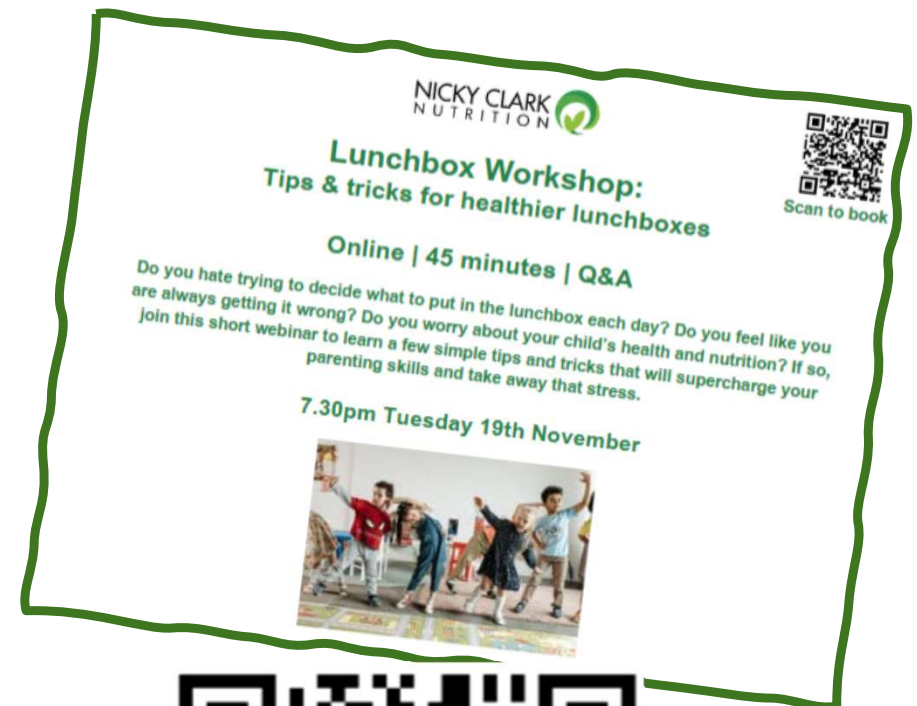


- Movies / documentaries:
 - That Sugar Film (on Stan for \$4.99)
 - <https://www.youtube.com/watch?app=desktop&v=T4PFt4czJw0>
 - <https://www.youtube.com/watch?v=dBnniua6-oM> (Lustig)

Lunchbox workshop

Online | 45 minutes | 7.30pm on Tues 19 Nov

- How much protein?
- Ideas for iron
- Sandwich alternatives
- Fruit sugar - yes or no
- Healthy snacks
- Recipe ideas

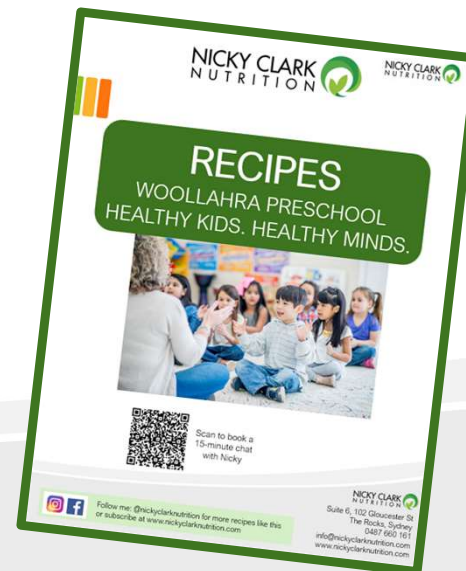


Recipes



What's included?

- Lamb 'burger' meatballs
- Blueberry Ricotta pancakes
- Busting with Antioxidant Pancakes
- Egg muffins
- Magic bean chocolate cake/muffins
- Caribbean carrot cake/muffins
- Chickpea cookies
- Muesli bars



Questions

